

Exercícios de Present Perfect Continuous em inglês

Nível: B1, B2

Como funciona o present perfect continuous

O present perfect continuous (have/has been + -ing) destaca a duração ou o caráter contínuo de uma atividade que começou no passado e continua até agora — ou acabou de parar pouco antes de agora.

Formação: have/has been + verbo-ing: I have been waiting, she has been working

Duração até agora: How long...? for, since: We've been living here for ten years.

Atividade recente, resultado visível: You're out of breath — have you been running?

Frente ao perfect simple: o continuous destaca a atividade/duração; o simple destaca o resultado/a quantidade: I've been reading all day vs I've read 200 pages

Verbos de estado: know, like, believe usam o perfect simple em vez do continuous: I have known her for years.

Exercício 1: Escolha a forma correta

Selecione a opção correta para completar cada frase.

- I ___ for you for over an hour! Where were you?
a) have been waiting b) am waiting c) wait
- Your hands are covered in flour. ___ you ___?
a) Did / bake b) Have / been baking c) Do / bake
- She ___ ten e-mails so far this morning.
a) has been writing b) has written c) is writing
- How long ___ he ___ at this company?
a) has / been working b) does / work c) is / working
- I ___ this author since I was a teenager.
a) have been knowing b) have known c) know

Exercício 2: Complete as frases

Digite a forma do present perfect continuous do verbo entre colchetes (have/has been + -ing).

- My neighbors ___ music all night — I couldn't sleep. (play)
- She ___ as a nurse since 2019. (work)
- You look tired. ___ you ___ well lately? (sleep — pergunta)
- It ___ all week, so the match may be cancelled. (rain)
- We ___ about moving abroad for months. (think)

Exercício 3: Coloque as palavras em ordem

Clique nas palavras na ordem correta para construir a frase.

11. Coloque as palavras na ordem correta: **been / she / has / all day / studying**

12. Coloque as palavras na ordem correta: **long / how / you / been / have / waiting / ?**

13. Coloque as palavras na ordem correta: **haven't / we / been / recently / sleeping / well**

14. Coloque as palavras na ordem correta: **since / it / been / has / snowing / yesterday morning**

Exercício 4: Verdadeiro ou falso

Decida se cada afirmação é verdadeira ou falsa.

15. The present perfect continuous is formed with have/has been + verb-ing. Verdadeiro / Falso

16. "I have been reading three books this week" is the best way to report the completed number.

Verdadeiro / Falso

17. The activity in the present perfect continuous can have finished very recently, if its effects are still visible. Verdadeiro / Falso

18. "She has been having a car for years" is correct. Verdadeiro / Falso

Gabarito

Exercício 1: Escolha a forma correta

1. a) have been waiting
2. b) Have / been baking
3. b) has written
4. a) has / been working
5. b) have known

Exercício 2: Complete as frases

6. have been playing / 've been playing
7. has been working / 's been working
8. have / been sleeping / have been sleeping / haven't been sleeping
9. has been raining / 's been raining
10. have been thinking / 've been thinking

Exercício 3: Coloque as palavras em ordem

11. she has been studying all day
12. how long have you been waiting ?
13. we haven't been sleeping well recently
14. it has been snowing since yesterday morning

Exercício 4: Verdadeiro ou falso

15. Verdadeiro
16. Falso
17. Verdadeiro
18. Falso